

**Identification and description of controlled clinical trials published in Physiotherapy journals in Spain
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Appendix 1: Characteristics of the included studies

Study (PI, year)	Health problem	Setting	N	Gender (F/M)	Intervention group(s); (mean age)	Comparator(s) group(s); mean age	Training schedule, number of session	Follow up	Main outcomes (test)
Adalid A, 2011	Osteoarthritis of the lower limbs	Primary care (M)	401	NR	Group 1: Controlled treatment (CT) + double thermoelectrotherapy; (67.59). Group 2: CT + basic thermoelectrotherapy + kinesiotherapy; (67.23). Group 3: CT + kinesiotherapy + proprioceptive exercises of rebalanced therapy of the musculoskeletal system + thermoelectrotherapy; (67.4)	Comparison between intervention groups	5 ss/wk, 31 ss in total	1 mo	WOMAC questionnaire
Alcázar C, 2007	Cervical pain	Others (U)	40	NR	Low-intensity ultrasound at 0,1 W/ cm ² ; (NR)	High intensity US 1.5 W/cm ² ; (NR)	NR	NR	Degree of pain (Visual analogue scale (VAS))
Álvarez M, 1995	Reflex sympathetic dystrophy syndrome	Hospital (U)	50	11/19	Pulse electromagnetic field therapy; (NR)	Calcitonin therapy; (NR)	50 ss	6 mo	Dual-energy X-ray absorptiometry (DEXA)
Asirón P, 1983	Cervical arthrosis, signs of circulatory insufficiency	Hospital (M)	2496	676/1820	Nicergoline, 6 mo; (49.6)	Passive control (49.3)	Training schedule, 6 mo	NR	Simptomatology and score (0-3: low, moderate, severe)
Avendaño J, 2001	Galvanization effects	University (U)	30	7/23	Galvanization; (18.5)	Sham intervention; (18.6)	20-min ss 5X/wk, 10 ss in total	NR	Excitomotor threshold
Barajas EJ, 1994	Reflex sympathetic dystrophy syndrome	Primary care (U)	30	14/16	Group1: Calcitonin (100 iu of aqueous salmon calcitonin); (NR). Group2: 1mg human calcitonin + 2mL solvent; (NR). Group3: 4cc saline solution; (NR)	Comparison between intervention groups	Training schedule: 24 mo	NR	Changes in serum calcium (clinical analysis)

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Bravo T, 2009	Shoulder pain	Hospital (U)	40	28/12	Shoulder exercises; (NR)	Passive control; (NR)	Progression training ss 5X/wk, 15 ss in total	NR	Degree of pain (VAS), Functional assessment of the shoulder
Campillo-Bermudo A, 2011	Cervical pain	University (U)	21	16/5	Surface dry needling of the trigger point; (NR)	Same intervention in diff. points of the body; (NR)	30-180 sec ss 1X/wk, 2 ss for measurements	NR	Pressure pain threshold (algometry), neck pain (disability index), degree of pain (VAS)
Campoy C, 2011	Fibromyalgia	Hospital (U)	37	37/0	Rheumatologic assistance, cognitive-behavioural techniques, physical rehabilitation; (52.05)	Passive control; (45.8)	90-min ss/wk	3 mo	Functionality (FIQ 2), Depression (BECK), Anxiety (STAI), Quality of life and self-perceived health (Short Form-36), Degree of pain (VAS)
Castro AM, 2009	Peripheral arterial disease	Hospital (M)	26	15/11	Reflex massage of connective tissue (Elizabeth Dicke method); (NR)	Passive control; (NR)	NR	NR	Systolic and diastolic blood pressure on both upper limbs
Christofoletti G. 2008	Dementia and related conditions	Nursing home (M)	30	NR	Specific physiotherapy techniques that stimulate cognitive and physical functions; (71.6)	Passive control; (78.5)	60-min ss 3X/wk, 36 ss in total	3 mo	Mini-mental state examination, Verbal fluency test, Clock-drawing test, Balance (Berg test and timed up and go test)
Cuesta AI, 2011	Healthy patients	Others (U)	20	0/20	Introductory session + water race protocol; (31)	Treadmill ergometry; (31)	NR	NR	Heart rate (ECG and heart rate monitors), lactic acid in blood (blood microsamples analyzer)
De Entrambasaguas M, 2006	Carpal tunnel syndrome	Hospital (U)	100	85/15	Group1: Steroid injection; (45.4). Group 2: Phonophoresis; (58.2)	Wrist splint; (50)	Group 1: single ss. Group 2: 10-min ss 5 X/wk, 20 ss in total	4 wk	Clinical parameter variation (electromyography (EMG))
De la Casa-Almeida M,	Cellulitis	University (U)	24	24/0	Local monopolar capacitive diathermy using a stream; (NR)	Local capacitive monopolar diathermia; (NR)	30 min non-consecutive ss 2X/wk,	NR	Decrease in perimeter (measuring perimeters)

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2012							20 ss in total		
Delgado M, 2012	Facial paralysis	Others (U)	69	40/29	Magnetic field + Laser; (NR)	Passive control; (NR)	5 ss/wk, 20 ss in total	1 mo	House-Brackman grading scale facial muscle function
Díaz I, 1992	Spinal cord injury	Hospital (U)	140	34/106	A-V impulse system; (NR)	No treatment; (NR)	6 hours/day in both lower limbs every day	NR	Thrombophlebitis (clinical diagnosis (heat, flush, venous cord, etc.))
Duarte E, 2011	Stroke	Hospital (U)	25	8/16	Neuromuscular electrical stimulation in extensor muscles; (57.7)	Sham electrostimulation; (55.2)	12 30-min ss/wk; 192 ss in total	16 wk	Motor function (Fugl Meyer scale) Functional ability (CAHAI) Spasticity (MAS)
Egocheaga J, 2004	Low back pain	University (U)	50	NR	Antihomotoxic therapy; (NR)	NSAIDs, muscle relaxants, anti-inflammatory drugs, vitamin B12; (NR)	NR	NR	Days needed for symptom remission
Espí GV, 2011	Healthy patients	Physiotherapy center (U)	25	25/0	Eye and neck specific exercises; (NR)	Relaxation; (NR)	2-10 min ss wk 1-2, 20 min wk 3, 15 min wk 4. 8 ss in total	4 wk	Cervical mobility (cervical goniometer)
Fenolosa P, 2011	Myofascial pain (cervical or dorsal)	Physiotherapy center (M)	24	22/2	Intramuscular Dysport®; (41)	Intramuscular placebo; (44.8)	1 ss/wk, 12 ss in total	12 wk	Degree of pain (VAS) Pressure pain threshold (algometry)
Fernández L, 2008	Upper abdominal surgery	Hospital (U)	25	18/7	Classic physiotherapy plus incentive Spirometry; (NR)	Classic physiotherapy; (NR)	4X/first wk, 2X rest of wk	42 days	FVC, FEV1, EV1/FVC, Breathing rate, 6 min walk test, thoracometry

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Fernández-Cristóbal S, 2011	Ankle sprains	Others (U)	7	4/3	Swiss Protocol: Isometric contractions, ischemic compression of the myofascial trigger points (MTP), local PGM stretch massage, superficial fascia manual stretching, fascia release between adjacent muscles, muscle stretching; (14.75)	Passive control; (13.33)	"Alternating days"	2 wk	Pressure pain threshold (algometry), ankle stability (Star Excursion Balance Test)
Ferrero CM, 2012	Stroke	Physiotherapy center (U)	22	NR	Vibration; (62,4)	Passive control; (61.5)	NR	3 mo	Static and functional balance (Romberg, Tinetti, Berg)
Fortuño J, 2010	Total knee replacement	Hospital (U)	38	33/5	Physical therapy protocol of total knee prosthesis plus protocol on follow up of physiological rhythm, nutrition, hydration, physical exercise; (70.7)	Passive control; (71.6)	NR	2 mo	Weight (BMI), Degree of pain (VAS)
Gallach Lazcorreta JE, 2006	Healthy patients	Not avail. (U)	20	0/20	Neuromuscular electrical stimulation (NMES); (31)	Same isometric strength protocol; (23)	1-min ss 1X/wk	NR	Value of maximum isometric force
García L, 2012	Cervical pain	Physiotherapy center (U)	10	NR	Kinesio taping; (NR)	Passive control; (NR)	2X/wk, 12 ss in total	6 wk	Degree of pain (VAS), Mobility (goniometer)
García-Gallego R, 2011	Myofascial pain (epicondyle musculature)	University (U)	50	22/28	Group1: Dry needling on epicondylar muscles; (NR). Group 2: Placebo dry needling; (NR). Group 3: Manipulation of the radial head; (NR)	Comparison between intervention groups	1 ss in total	NR	Degree of pain (VAS), Pressure pain threshold, Grip strength (algometry, dynamometer)
Gil-Agudo A, 2012	Spinal cord injury	Hospital (U)	10	6/4	TOyRA virtual reality treatment system; (36.2)	Passive control; (49)	30-min ss alternate days for 5 wk; 15 ss in total	NR	Cinematic variables (TOyRA system)

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Giner M, 1996	Spinal cord injury	Hospital (U)	73	30/43	Nicardipine; (37.3)	Placebo; (32.8)	NR	1 mo	Time of phase in bed, Hospitalisation, heart rate, blood pressure, subjective symptoms
Giroud JL, 2012	Stroke	Hospital (U)	40	20/20	Folrex® cream; (73.6)	Placebo cream; (68.8)	3X/day, 90 ss in total	1 mo	Motor defect of upper limbs (Fugl-Meyer scale)
Gómez A, 1998	Healthy patients	Others (U)	19	5/14	Motor learning activities; (NR)	Passive control; (NR)	20 min SS 3X/wk, 12 ss in total	1 mo	Time (Casio stopwatch)
Gómez M, 2011	Stroke	Hospital (U)	32	NR	Induced movement therapy; (NR)	Conventional upper limb OT; (NR)	NR	NR	Independence in activities of daily living (Barthel index)
González MV, 1998	Congenital cardiopathy	Hospital (U)	81	NR	Preventive orthotic treatment; (NR)	Passive control; (NR)	5 wk	NR	Sternum deformation (deformity factor, computer software)
Guimaraes da Silva MA, 1998	Low back pain	Others (M)	80	NR	Prophylactic Ergonomic Program (PEP); (NR)	Passive control; (NR)	NR	NR	Presence of pain (VAS)
Ibáñez-Gómez. MJ, 2012	Healthy patients	Nursing home (U)	17	17/0	Therapeutic activity in the water; (NR)	Passive control; (NR)	45-min ss 1X/wk, 8 ss in total	8 wk	Quality of life (SF-36 questionnaire)
Jiménez-Esquinas R, 2012	Tendinopathies	Hospital (U)	25	16/9	Shoulder physical therapy; (61)	Shoulder physical therapy; (55)	Daily ss (working days), 15 ss in total	NR	Shoulder functionality (DASH scale)
Jiménez-García D, 2008	Tendinopathies	Hospital (U)	18	16/1	Iontophoresis with shortwave; (56.7)	Iontophoresis with acetic acid; (53.2)	15-min ss 5X/wk, 15 ss in total	3 wk	Degree of pain (VAS), Shoulder functionality (Constant Score(CS)), Size of calcification of the affected shoulder
Jiménez-Rejano JJ, 2009	Ankle sprains	University (U)	96	NR	Asymmetric rectangular biphasic pulsed current; (15.38)	Asymmetric rectangular biphasic continuous current; (15.79)	30-min ss 5X/wk	Until pain is gone	Degree of pain (VAS)

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López de Celis C, 2007	Low back pain	Primary care (U)	89	61/28	Posterior-anterior mobilization of the lumbar spine performed with Kaltenborn wedge; (46.04)	Passive control; (48.77)	5 90-sec ss/wk	NR	Flexibility (modified Schover Method) Extension/lateral inclination (Mellin method) Discapacity (Roland -Morris questionnaire)
López de Zamora M, 2011	Low back pain	Physiotherapy center (M)	37	37/0	Isometric exercises; (23.2)	Passive control; (23.2)	1 ss/wk, 8 ss in total	8 wk	Degree of pain (VAS)
Macías-Hernández SI, 2012	Facial paralysis	Hospital (U)	21	12/9	Low-power laser; (38)	Placebo; (48)	1 ss/day, 15 ss in total	15 days	Muscular strength (Lovett scale)
Mafra O, 2011	Healthy patients	Physiotherapy center (U)	30	0/30	Group1: Maintained stretching; (23). Group 2: Stretching per propocieptive neuromuscular facilitation; (22)	Passive control; (24)	Group 1: 6 sec. Group 2: 3 series of isometric stretching + 8 sec of relaxation	NR	Hidroxiopoline in urine (Clinrep kit)
Martínez-González L, 2001	Healthy patients	Nursing home (M)	19	11/8	Physical exercise and health education: warm-up, increased intensity, games, cooling down; (77.18)	Passive control; (80.36)	45-min ss 3X/wk, 9 ss in total	3 mo	Medical assessment, interview, Intellectual assessment (SOMSQ22), Flexibility Satisfaction survey
Martínez-González M, 2000	Dementia and related conditions	Nursing home (M)	19	11/8	Program of physical and psycho-social functioning (attention, memory, language, Math); (77.89)	Passive control; (81.1)	45-min ss 3 X/wk, 9 ss in total	3 mo	Physical and psychosocial activity questionnaire
Martínez-Gramage J, 2011	Healthy patients	University (U)	30	NR	kinesio taping; (NR)	Passive control; (NR)	Single ss	NR	Intensity and latency of response (EMG)
Martínez-Merintero P, 2009	Healthy patients	Physiotherapy center (U)	34	15/19	All groups: dry needling. Group 1: 1-2 local twitch responses; (37.5). Group 2: 2-5 local twitch responses; (39.25). Group 3: 5-10 local twitch responses; (26.6)	Comparison between intervention groups	Single ss	NR	Pain (Fischer algometer), Post- puncture pain (verbal numeric scale), Lateroflexion (cervical goniometer)

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Martín-Nogueras AM, 2012	Fibromyalgia	Others (U)	29	29/0	Aerobic exercises, and analgesic physiotherapy relaxation techniques (massage + exercise therapy); (48.08)	Passive control; (52.6)	90-min ss 2X/wk, 24 ss in total	12 wk	Degree of pain (numerical scale), Quality of life (SF-36)
Martín-Sanchez B, 2012	Myofascial pain (superior trapecius)	Home (M)	35	17/18	Dry needling and kinesio taping; (NR)	Dry needling; (NR)	Single application	NR	Post-puncture pain at 24, 48 and 168h (verbal rating scale (VRS))
Miranda-Fillooy JA, 2005	Arthrosis of the knee	Hospital (U)	20	16/4	Active transcutaneous electrical stimulation; (NR)	Sham intervention; (NR)	20-min ss 3X/wk, 24 ss in total	2 mo	Degree of pain (VAS), Physical function (WOMAC)
Montes R, 1990	Healthy patients	Not avail. (U)	17	NR	Biofeedback; (NR)	Passive control; (NR)	4 ss	NR	Peak amplitude Relaxation force (integrated electromiography)
Montes R, 1995	Healthy patients	Not avail. (U)	20	16/4	Bipolar electrostimulation on quadriceps muscle; (NR)	MES on crural nerve; (NR)	10 ss	NR	Tolerated amplitude (EMG)
Montes, 1998	Healthy patients	Others (U)	20	16/4	Biofeedback: visualization (muscle ultrasound image) during isometric contraction; (NR)	Passive control; (NR)	NR	NR	Muscle contraction (EMG signal)
Nader Navarro L, 2002	Fibromyalgia	Hospital (U)	50	49/1	Amitriptyline treatment; (NR)	Dexketorprofen trometalol; (NR)	Single ss	4 wk	Fibromyalgia impact (FIQ)
Navarrete A, 2010	Cerebral palsy	Others (U)	36	NR	Botulinum toxin type A; (6.92)	Passive control; (6.62)	Single ss	NR	Self-care and mobility (Wee Functional Independence Measure)
Ortega R., 2012	Cervical pain	Physiotherapy center (U)	18	11/7	Cervical spine manipulation; (NR)	Thoracic spine manipulation; (NR)	Single ss	NR	Degree of pain (VAS) Lateroflexion (cervical goniometer) Pressure pain treshold (algometry)
Póveda-Pagán EJ, 2009	Healthy patients	Not avail. (U)	10	0/10	Stretching using global posture reeducation. Open hip joint angle position with the open-arm variation; (NR)	Passive control; (NR)	Single ss	NR	Forced vital capacity (FVC, spirometer) Maximum inspiratory and expiratory pressures (spirometer)

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Poveda-Pagán EJ, 2012	Healthy patients	University (U)	40	5/35	Global posture reeducation; (26.5)	Passive control; (27)	2 ss/wk, 8 ss in total	4 wk	FVC, forced expiratory volume in the first second (FEV1) Peak inspiratory pressure and peak expiratory pressure (spirometry)
Rioja J, 1997	Total knee replacement	Hospital (M)	34	26/8	Neuromuscular electrical stimulation (NMES); (NR)	Passive control; (NR)	NR	NR	Functional assessment (Laskin scale)
Rioja J, 2012	Carpal tunnel syndrome	Hospital (U)	49	46/3	Laser; (NR)	Placebo laser; (NR)	NR	3 mo	Pain Function Tenderness (EMG)
Rioja-Toro J, 2008	Arthrosis of the knee	Hospital (U)	100	52/48	Therapeutic Magnetic Resonance (TMR); (NR)	Placebo TMR; (NR)	60-min ss on alternate days, 6 ss	NR	Degree of pain (VAS), Assessment of parameters of pain Stiffness and degree of difficulty to perform activities (Womac questionnaire), Knee pain (Lequesne index)
Ródenas-Martínez S, 2008	Total knee replacement	Hospital (U)	52	NR	3 pre-operative physiotherapy sessions and post-operative physiotherapy treatment according to protocol; (71.1)	Same exercises at hospital discharge, outpatient; (70.4)	5X/wk depending on pt evolution	NR	Functionality Pain and stiffness (WOMAC), Quality of life (SF-36), Walking functionality (6 minutes walk test)
Rodríguez C, 2008	Healthy patients	University (M)	49	24/25	Methods of inhibiting muscle tension / backlash on latent myofascial trigger points of the internal pterygoid muscle; (NR)	Placebo; (20)	Single 90-sec ss	NR	Maximum mouth opening (digital caliper) Maximum bite force (digital dynamometer)
Rosado P, 2008	Healthy patients	Nursing home (U)	48	NR	Exercise (lower limbs) combined with electrotherapy; (NR)	Passive Control; (NR)	35-min ss Mon-Fri, 50 ss in total	2,5 mo	Lower limb muscle resistance (6-min walking test), Muscle perimeter (measuring tape)
Ruiz-Carpio JA, 2011	Cervical pain	Physiotherapy center (U)	20	16/4	Joint mobilization technique as described by Maitland; (NR)	NR	5 ss/wk, 15 ss in total	3 wk	Degree of pain (VAS) Mobility (goniometer) Neck function (Neck Disability Index)

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Ruiz-Sánchez F, 2006	Arthrosis of the knee	Hospital (U)	72	63/9	Hyaluronic acid injection (HA); (70.64)	SW; (66.61)	5 ss in total	NR	Degree of pain (VAS) Function (Lequesne index)
Salvador E, 1980	Low back pain	Hospital (U)	85	48/37	Group1: Epidural injection;NR. Group 2: Electrotherapy + kinesiotherapy + lumbar spinal traction; (NR)	Comparison between intervention groups	NR	NR	Pain Muscle balance, Joint mobility
Salvat I, 2010	Healthy patients	Others (U)	31	NR	Group1: Kinesio taping; (16.23). Group 2: conventional bandage; (16.5). Group 3: Placebo; (17.3)	Comparison between intervention groups	Group 1, 2, 3: 1 ss	NR	Trunk flexion Sit-and-reach test (software e-Ruler)
San Segundo-Mozo RM, 2008	Shoulder pain	Primary care (U)	29	NR	US (2 W/cm ² , pulsed); (52.6)	US placebo; (56.9)	7-min daily ss, 15 ss in total	NR	Degree of pain (VAS) Constant shoulder scale
Sañudo B, 2010	Fibromyalgia	University (U)	38	38/0	Aerobic exercise of moderate intensity; (55.89)	Regular tasks; (56.55)	43-55 min ss 2X/wk, 40 ss in total	20 wk	Quality of life (FIQ and SF-36) Self autonomy (variability of cardiac function)
Sauliez E, 1999	Paediatric scoliosis	Not avail. (M)	606	NR	Comparison of passive manoeuvres specific to manual therapy. Group 1 and control: Tilt angle of the pelvis less than 3°; (8.4). Group 2: Tilt angle of the pelvis between 3° and 6°; (8.5). Group 3: Tilt angle of the pelvis more than 6°; (8.2)	Control 1: passive control; (8.1). Control 2: passive control; (8.2). Control 3: passive control; (7.9)	10-min ss	NR	Assessment the column deformities(scoliosis) in three-dimensional position using a fotogramometric computerized system
Seco J, 2010	Parkinson's disease	Patients Parkinson Association (U)	26	16/10	Specific physiotherapy treatment program according to protocol for Parkinson's patients + drug treatment; (NR)	Passive control; (NR)	1-3, 4-6, 7-9, or 10-12 monthly 90-min ss	NR	Motor test Unified Parkinson's Disease Rating Scale
Seco-Calvo J, 2012	Parkinson's disease	Hospital (U)	24	14/10	Hike training through sensory stimulation with a digital metronome; (67)	Passive control; (68)	30-min ss 3X/wk, 96 ss in total	32 wk	Timed up and go test

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Sega L, 1989	Arthrosis of the knee	Physiotherapy center (U)	80	NR	Group 1: High-frequency diathermy + Diadynamic electrotherapy; (NR). Group 2: Diadynamic Electrotherapy; (NR). Group 3: High frequency diathermy + electrotherapy; (NR)	Criotherapy 2 3-min daily sessions per 10 days; (NR)	Group 1: Daily 15 + 20 min. per ss, 10 days Group 2: Daily 20 min ss, 10 days. Group 3: Daily 15 min ss, 10 days.	NR	Degree of pain (subjective and objective pain scales)
Sierra-Silvestre E, 2011	Healthy patients	Nursing home (U)	24	15/9	Proprioceptive rehabilitation exercises; (71.75)	Strengthening + stretching exercises; (71)	4 ss/wk; 14 ss	NR	Balance, Normal walking speed Number of falls, Quality of life (OLST and SF-36)
Useros P, 2011	Healthy patients	University (U)	33	23/10	Group 1: Global active stretchingtretching; (NR). Group 2: Analytical stretching; (NR)	Passive control; (NR)	1 30 min ss 2X/wk	NR	Vertical and horizontal jump, Speed Overall flexibility, hamstring flexibility and lumbar back muscles flexibility, Body posture relative to the vertical Posture
Valera F, 2009	Glenohumeral arthrofibrosis	Hospital (U)	65	30/35	Physiotherapy with hyperthermia (434 MHz); (44.8)	Passive control; (46.1)	First two wk: 2 daily ss per wk. Last two wk: 1 daily ss per wk.	NR	Activity limitations (Constant-Murley test that assesses ADL, mobility and strength), Degree of pain (VAS)
Vargas CC, 2002	Healthy patients	University (U)	20	20/0	Training in progressive muscle relaxation; (NR). Then swap with control group	Breathing tech. + visualization; (NR). Then swap with control group	NR	NR	Assessment of learning abilities
Vázquez-Román C, 2011	Shoulder pain	Others (U)	20	0/20	Myofascial Techniques; (33)	Conventional physiotherapy treatment: IR + massage + ET; (37)	NR	NR	Articular Balance (goniometer)

Abbreviations:

NR: Not reported
PI: Principal Investigator
Pt: Patients
Ss: Sessions

F/M: Female to Male
Mo: Months
Wk: Weeks
Min: Minutes
Sec: Seconds
M: Multicentric

U: Unicentric
ARBCC: Asymmetric rectangular
biphasic continuous current
ET: Exercise therapy
IAA: Iontophoresis acetic acid
IR: Infrared

KT: Kinesiotape
MES: Monopolar electrostimulation
OT: Occupational therapy
TMR: Therapeutic magnetic resonance
SW: Short wave
US: Ultrasound